



ALL BABIES NEED breast milk or baby formula with iron. Breast milk is best for your baby!

- Your baby will have a special cry or fussiness to show when he or she is hungry.
- Feed your baby when your baby is hungry. Do not try to feed your baby on a schedule.



BREASTFEEDING IS THE BEST nutrition for all babies.

BREAST MILK HAS VITAMINS and minerals that help your baby stay well.



YOUR NEWBORN MIGHT WAKE UP hungry

several times at night. Over a few months, most babies will start to sleep through the night.



BREASTFEEDING TIPS

BREASTFEEDING: A HEALTHY WAY TO FEED YOUR BABY

Tips for feeding your new baby

REMEMBER TO DRINK lots of fluids.



BREASTFED BABIES are less likely to get allergies.



YOU CAN breastfeed your baby.

- Breastfeed your baby for the first year or longer, if possible.
- Breastfeeding is good for you too. It helps you get back in shape. It helps lower the risk of breast cancer.
- Breastfeeding is natural. It may take some practice.
- If you have trouble, ask your doctor or clinic for help.
- Let your doctor know if you are taking any medicine or drugs or if you are infected with HIV.

Want to find out about eating healthy foods during your pregnancy and about breastfeeding?

Call Women, Infants and Children (WIC):
(888) 942-9675

Want to find out more about breastfeeding?

Call La Leche League:
(800) 525-3243